

Global Healthspan Policy Institute

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Hello,

This week we learn about the powerful effects of lifestyle on aging: how specific habits like diet, exercise, and even your weekly workout routine can impact brain health and longevity. We also look at troubling findings on PFAS chemical exposure and its link to type 2 diabetes, and a new study reveals the optimal daily step count for long-term health.

Are you part of a health or life extension research organization? Our coalition has grown to over 90 member groups, including 25 major US organizations and 16 major international groups. We hope your organization will be next! Check below to find a link to join our coalition quickly and easily.

All this and more this week. Join us as we move forward into another exciting month of incredible opportunities in this burgeoning and revolutionary field.



Edwina Rogers, CEO
Global Healthspan Policy Institute



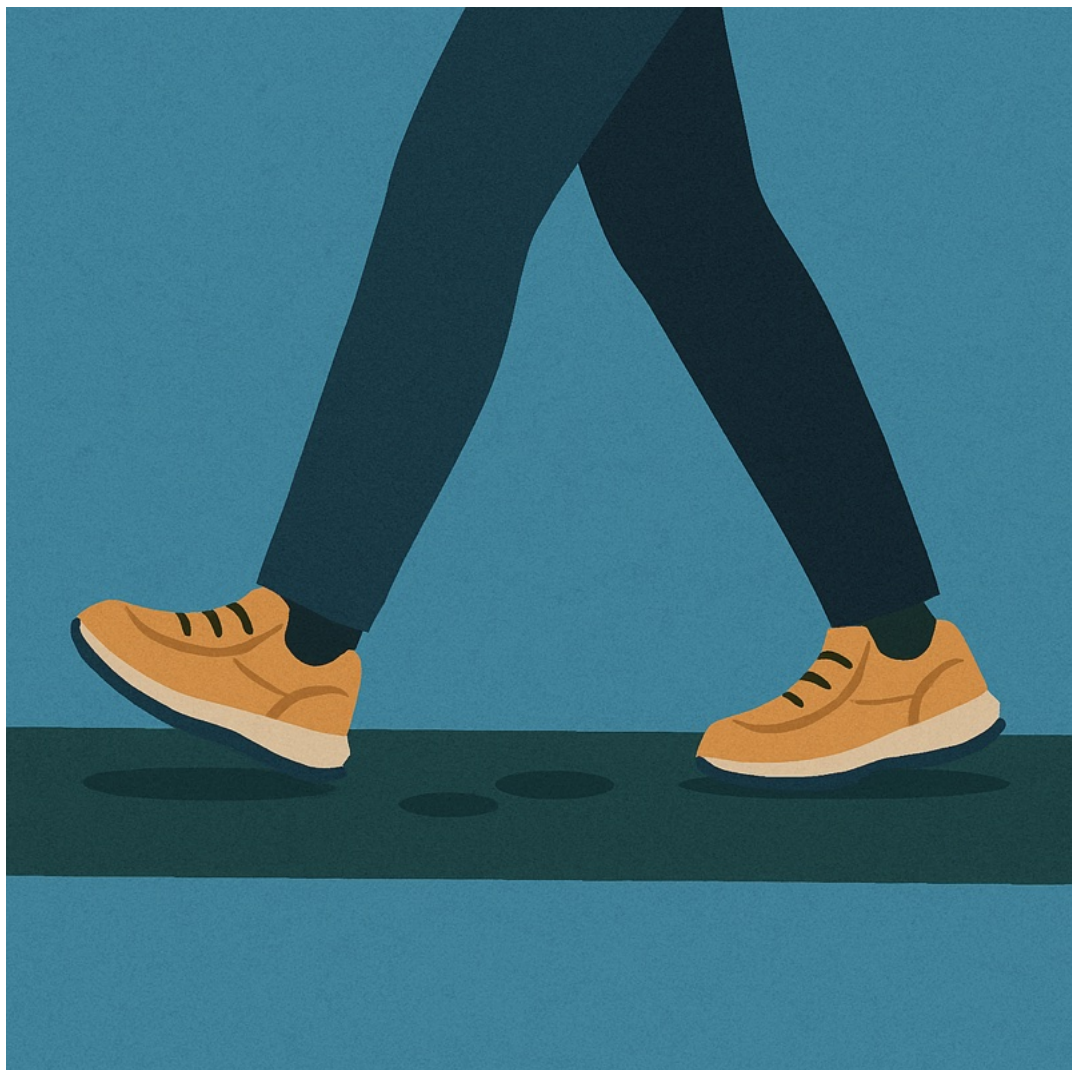
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Here's How Many Steps You Really Need to Stay Healthy

A new study shows that walking just 6,000–8,000 steps a day can significantly lower your risk of death, with benefits leveling off beyond that.

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We're Bringing the Best Research in the World to Congress - and Your Donations Are The Fuel To Our Fire!

With your help, we're bringing the vision of a world without the spectre of diseases like cancer, heart disease, and Alzheimer's one step closer to reality each and every day. Our team works closely with industry leaders from sectors as far-reaching as biotechnology to gene therapy to pharmaceuticals and beyond – uniting our members under a common, core mission to benefit the public trust.

[Help us bring new preventions and therapeutics for the benefit of all generations, today](#)

[Join The Coalition Here](#)

Upcoming Events

Transvision Madrid

International Longevity Summit
October 1-2, 2025

[Learn More](#)



Lifestyle Changes in 4 Key Areas May Improve Brain Health as We Age

New results from the POINTER trial highlight how combining exercise, diet, sleep, and mental stimulation can help protect brain function as we age.

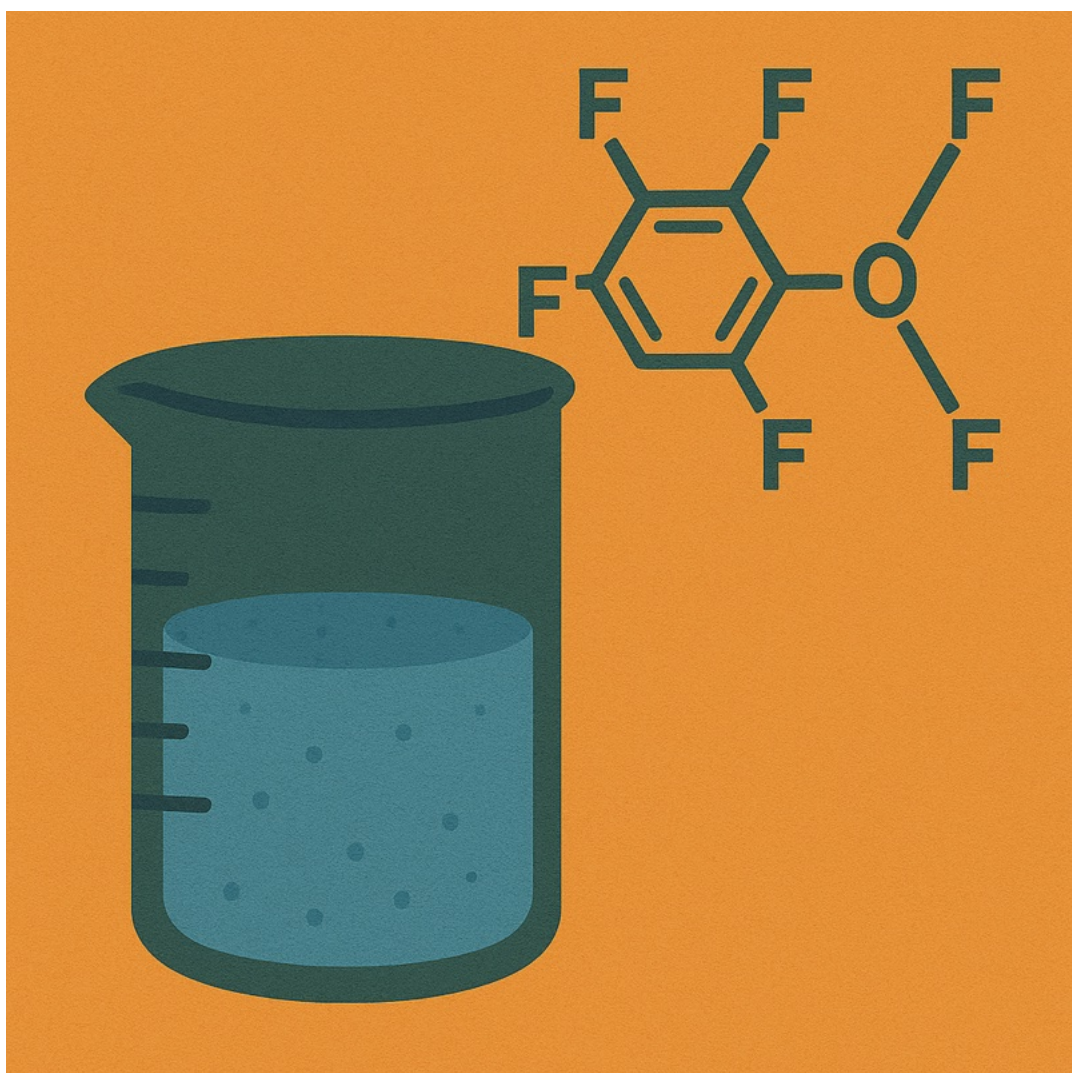
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Exercising Just on Weekends May Lower Death Risk by 33%

Even if you're not active all week, getting in 150 minutes of exercise on the weekend can significantly reduce your risk of death.

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Forever Chemicals Linked to Higher Risk of Type 2 Diabetes

New research links exposure to PFAS, often called “forever chemicals,” to an increased likelihood of developing type 2 diabetes.

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